

**MEN**

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Vet</b>	<b>Time</b>
1	Paul Grange	Barking RR	V	26:21:00
2	Liviu Ionita	Barking RR		26:28:00
3	Crispian Bloomfield	Billericay Striders	V	26:44:00
4	Tom Beedell	Brentwood RC		27:03:00
5	James Caldon	Benfleet RC		27:23:00
6	Ben Green	Benfleet RC		27:26:00
7	Kieran O'Doherty	Billericay Striders		27:30:00
8	Chris Wayman	Benfleet RC		27:34:00
9	Lee Baynton	Benfleet RC		27:36:00
<b>10</b>	<b>Luke Gill</b>	<b>East Essex Tri</b>		<b>27:45:00</b>
11	Dean Ovel	Leigh on Sea Striders	V	27:49:00
12	Chris O'Hara	Billericay Striders		27:52:00
13	Marc Jones	Tri Sport Epping	V	28:00:00
14	Paul Ruffy	Benfleet RC	V	28:07:00
15	Damien Harvey	Benfleet RC		28:12:00
16	Terry Spooner	Benfleet RC	V	28:26:00
17	Neil Spicer	Leigh on Sea Striders	V	28:43:00
18	Ian Toal	Rochford	V	28:44:00
19	Ben Molloy	Leigh on Sea Striders	V	28:58:00
20	James Hiscock	Benfleet RC		29:01:00
21	Steve Philcox	Barking RR	V	29:13:00
22	Stuart Cable	Leigh on Sea Striders	V	29:20:00
23	Sean McFairlane	Leigh on Sea Striders	V	29:29:00
24	Ralph Mullan	Tri Sport Epping	V	29:34:00
25	Paul Suett	Dagenham 88	V	29:36:00
26	Andy Low	Benfleet RC	V	29:39:00
27	Matt Bird	Benfleet RC		29:44:00
28	Mark Read	Brentwood RC	V	29:57:00
29	Andy Coleman	Billericay Striders	V	30:04:00
30	James Simmons	Tri Sport Epping		30:12:00
31	Peter Barrett	Brentwood RC	V	30:15:00
32	Graham Booty	Benfleet RC	V	30:17:00
33	Mike Woodward	Pitsea RC	V	30:21:00
34	Jerry Bethall	Leigh on Sea Striders	V	30:30:00
35	Dan Buckley	Billericay Striders		30:31:00
36	Mark Blee	Leigh on Sea Striders	V	30:38:00
37	Elliot Cone	Leigh on Sea Striders	V	30:44:00
38	Diarmuid MacDonnell	Barking RR	V	30:50:00
39	Matt Barrett	Leigh on Sea Striders		30:54:00
40	Pete Stalley	Benfleet RC	V	31:03:00
41	Bob King	Rochford		31:03:00
<b>42</b>	<b>David Nicel</b>	<b>East Essex Tri</b>		<b>31:04:00</b>
43	Simon Theobald	Tri Sport Epping	V	31:06:00
44	Todd Harding	Rochford		31:07:00
45	Dave Butler	Billericay Striders		31:08:00
46	James Lowndes	Barking RR	V	31:13:00

47	Richard Bonham	Castle Point Joggers	V	31:17:00
48	Nick Rankin	Benfleet RC	V	31:18:00
49	Phil Nippard	Rochford		31:25:00
50	Matt Rivers	Leigh on Sea Striders		31:28:00
51	Ian Pike	Benfleet RC	V	31:35:00
52	Mark Gowers	Billericay Striders		31:39:00
53	Alan Clark	Benfleet RC	V	31:44:00
54	Richard Jones	Benfleet RC	V	31:47:00
55	Tom Overing	Rochford		31:47:00
56	Ciaran Byrne	Benfleet RC		31:49:00
57	Adam Hemsworth	Castle Point Joggers		31:54:00
58	John Barker	Brentwood RC	V	31:56:00
59	Roy Harwood	Benfleet RC		32:02:00
60	Arron Patterson	Leigh on Sea Striders		32:04:00
61	Brian Loneman	Tri Sport Epping	V	32:05:00
62	Phil Olson	Brentwood RC	V	32:08:00
63	David Cox	East Essex Tri	V	32:16:00
64	Anthony Moon	Castle Point Joggers		32:18:00
65	Alex Childs	Leigh on Sea Striders	V	32:21:00
66	Colin Dunn	Castle Point Joggers	V	32:22:00
67	Richard Moore	Castle Point Joggers	V	32:33:00
68	Paul Ward	Barking RR	V	32:36:00
69	Mark Dalby	Havering 90		32:39:00
70	Matt Stenning	Billericay Striders	V	32:43:00
71	Colin Adrews	Rochford		32:51:00
72	Adam Poulton	Castle Point Joggers	V	32:56:00
73	Ray Brooks	East Essex Tri	V	32:57:00
74	Lloyd Miles	Billericay Striders	V	32:58:00
75	Andy Wright	Billericay Striders	V	33:01:00
76	Peter Salmon	Dagenham 88	V	33:02:00
77	Rich Wade	Castle Point Joggers	V	33:04:00
78	James Burns	Leigh on Sea Striders	V	33:10:00
79	Martin Howlett	Castle Point Joggers		33:19:00
80	Gary Flint	Havering 90	V	33:22:00
81	Phil Cooper	Billericay Striders	V	33:27:00
82	Lee Whieldon	Benfleet RC	V	33:29:00
83	Mark Mayes	East Essex Tri	V	33:30:00
84	Darren Summers	Leigh on Sea Striders	V	33:32:00
85	Mark Downham	Leigh on Sea Striders	V	33:35:00
86	Paul Prior	Dagenham 88	V	33:36:00
87	Guy Hildreth	Havering 90		33:42:00
88	Barry Weldon	Billericay Striders	V	33:54:00
89	Neal Marlow	Leigh on Sea Striders	V	33:56:00
90	Jonathan Wyatt	East Essex Tri	V	33:57:00
91	Mark Austed	Pitsea RC	V	33:58:00
92	Tim Utting	Rochford		34:03:00
93	Jeremy Aurora	Billericay Striders	V	34:04:00
94	Steve Joslin	Leigh on Sea Striders		34:06:00
95	Joel Denning	Dagenham 88	V	34:11:00
96	Christian Gray	East Essex Tri		34:21:00

97	Adam Edwards	Rochford		34:25:00
<b>98</b>	<b>Ben Pickett</b>	<b>East Essex Tri</b>		<b>34:27:00</b>
99	Doug Stephens	Benfleet RC	V	34:28:00
100	Michael Dunn	Rochford	V	34:32:00
101	Phil Priest	Leigh on Sea Striders		34:36:00
102	Martin Page	Barking RR	V	34:42:00
103	Nikki Read	Leigh on Sea Striders		34:49:00
104	David Kail	Barking RR		34:55:00
<b>105</b>	<b>Samuel Hill</b>	<b>East Essex Tri</b>		<b>34:58:00</b>
106	Paul Thornton	Tri Sport Epping		35:01:00
107	John Sweeney	Castle Point Joggers	V	35:02:00
108	Rob Hempstead	Billericay Striders		35:12:00
109	Colin White	Billericay Striders	V	35:13:00
110	Dave Harding	Leigh on Sea Striders	V	35:18:00
111	Barry Key	Benfleet RC	V	35:20:00
112	Luke Burkett	Leigh on Sea Striders	V	35:34:00
113	Grant England	Billericay Striders	V	35:36:00
114	Graeme Edwards	Castle Point Joggers	V	35:38:00
115	Rob West	Leigh on Sea Striders	V	35:39:00
<b>116</b>	<b>Matthew Aitken</b>	<b>East Essex Tri</b>	<b>V</b>	<b>35:46:00</b>
117	Richard Harmer	Brentwood RC	V	36:04:00
118	Steve Foggo	Billericay Striders	V	36:07:00
119	John Rozee	Havering 90	V	36:14:00
120	Ryan Gillard	Leigh on Sea Striders		36:15:00
121	John George	Barking RR	V	36:20:00
122	Jamees Macnish Porter	Brentwood RC	V	36:23:00
123	Daniel Hobbs	Castle Point Joggers		36:33:00
<b>124</b>	<b>Ben Brooks</b>	<b>East Essex Tri</b>		<b>36:34:00</b>
<b>125</b>	<b>Simon Rawlings</b>	<b>East Essex Tri</b>	<b>V</b>	<b>36:39:00</b>
126	Lee Hazelwood	Pitsea RC	V	36:40:00
127	Al Daw	Billericay Striders	V	36:41:00
128	Wayne Smith	Leigh on Sea Striders	V	36:43:00
129	Jamie Austin	Dagenham 88	V	36:51:00
130	Martin Orford	Pitsea RC	V	37:01:00
131	Trevor Cooper	Barking RR		37:06:00
132	Stephen Burton	Benfleet RC	V	37:07:00
133	Paul Agastina	Pitsea RC	V	37:10:00
134	Ian Hart	Castle Point Joggers	V	37:13:00
135	Chris Farrimund	Tri Sport Epping	V	37:16:00
136	James Austin	Castle Point Joggers		37:29:00
137	Laurence Harrison	Billericay Striders	V	37:31:00
138	Gary Mathews	Rochford	V	37:40:00
139	Steve Luck	Leigh on Sea Striders		37:50:00
140	Phil Baker	Tri Sport Epping	V	37:51:00
141	Mahbub Kahn	Barking RR	V	37:54:00
142	Mike Clay	Castle Point Joggers		37:57:00
143	Michael Gould	Pitsea RC	V	37:59:00
144	Justin Burton	Castle Point Joggers	V	38:04:00
145	Darren Hutchinson	Tri Sport Epping	V	38:08:00
146	John Colby	Rochford	V	38:13:00

147	Andy Deacon	Rochford	V	38:17:00
148	Kevin Steed	Benfleet RC	V	38:20:00
149	Bruce Mail	Havering 90	V	38:21:00
150	Pat O'Connor	Castle Point Joggers	V	38:32:00
151	Chris Huggins	Pitsea RC	V	38:39:00
152	Mark Freeman	Rochford	V	38:43:00
153	Michael Haylett	Leigh on Sea Striders	V	38:47:00
154	Kim Maspat	Tri Sport Epping	V	38:49:00
155	Adam Stow	Pitsea RC	V	38:50:00
156	Dave Dutton	Rochford	V	38:53:00
157	Barry Culling	Barking RR		39:00:00
158	Dave Ward	Leigh on Sea Striders	V	39:02:00
159	Clive Bailey	Rochford	V	39:07:00
160	Richy Lee	Billericay Striders	V	39:10:00
161	Phillip Scott	East Essex Tri	V	39:12:00
162	Ross Taylor	Pitsea RC		39:17:00
163	Gary Clifford	Castle Point Joggers	V	39:17:00
164	Mike Hayward	Castle Point Joggers	V	39:20:00
165	Chris Ruffle	Rochford		39:23:00
166	Garry Staines	Castle Point Joggers	V	39:24:00
167	Nick Giannotti	Castle Point Joggers	V	39:28:00
168	Justin Macal	Castle Point Joggers	V	39:33:00
169	Gareth Smith	Castle Point Joggers		39:37:00
170	Frank Schubert	Havering 90	V	40:08:00
171	Phil Stanfield	Pitsea RC	V	40:17:00
172	Kim Ketterer	Leigh on Sea Striders	V	40:23:00
173	Manji Gami	Dagenham 88	V	40:28:00
174	George Anderson-Brown	Leigh on Sea Striders		40:30:00
175	Mark Collins	Castle Point Joggers	V	40:39:00
176	Ian Cummins	Dagenham 88	V	40:43:00
177	Barry Kay	Rochford	V	40:44:00
178	Nikhelesh Chowdry	Dagenham 88	V	40:46:00
179	Mick Segnall	Dagenham 88	V	40:53:00
180	Danny Cracknell	Tri Sport Epping	V	40:58:00
181	Josh Howard	Havering 90		40:59:00
182	Keith Walker	Billericay Striders	V	41:07:00
183	Martin Swain	Benfleet RC	V	41:19:00
184	Andy Bealelei	Dagenham 88	V	41:43:00
185	David Beatty	Pitsea RC	V	41:46:00
186	Ron Seddon	Havering 90	V	41:52:00
187	Graham Smith	Leigh on Sea Striders	V	42:04:00
188	John Tracey	Pitsea RC	V	42:13:00
189	Luke Bonham	Castle Point Joggers		42:51:00
190	Andy Pearson	Rochford	V	42:54:00
191	Gary Walsh	Leigh on Sea Striders	V	42:58:00
192	Mark Childs	Leigh on Sea Striders		43:04:00
193	Steve Wilcoyne	Rochford	V	43:07:00
194	Joaquil Polo	Havering 90	V	43:11:00
195	Ty McKeown	Castle Point Joggers	V	43:23:00
196	Darren Radford	Havering 90	V	43:33:00

197	Paul Acher	Rochford	V	43:39:00
198	Martin Cahalane	Pitsea RC	V	43:41:00
199	Nick Rivers	Leigh on Sea Striders	V	44:01:00
200	Andrew Housego	Havering 90	V	44:02:00
201	Luke Summers	Dagenham 88		44:10:00
202	Gary Bright	Castle Point Joggers		44:28:00
203	Brian Butcher	Castle Point Joggers	V	44:33:00
204	Simon Tracey	Pitsea RC	V	44:35:00
205	Gary Harford	Barking RR	V	44:40:00
206	Ray Vautier	Castle Point Joggers	V	44:50:00
207	Steve Tate	Leigh on Sea Striders	V	45:00:00
208	Gavin Davies	Pitsea RC		45:09:00
209	Kevin Brushett	Billericay Striders	V	45:15:00
210	Tom Webster	Rochford		45:18:00
211	Peter Chaplin	Pitsea RC	V	45:48:00
212	Chris Cammidge	Castle Point Joggers	V	46:24:00
213	Gary Crdnell	Dagenham 88	V	46:28:00
214	Ray Monaghan	Leigh on Sea Striders	V	46:44:00
215	Brian Slade	Havering 90	V	46:48:00
216	Tom Coughlan	Barking RR		47:16:00
217	Wally James	Leigh on Sea Striders	V	47:53:00
218	Robin Booputh	Barking RR	V	48:19:00
219	Dave Walker	Leigh on Sea Striders	V	48:38:00
220	Les Jay	Barking RR	V	49:20:00
221	Rob Courtier	Barking RR	V	50:15:00
222	<b>Graeme Silcock</b>	<b>East Essex Tri</b>		<b>50:23:00</b>
223	Chris Anastasi	Barking RR	V	50:26:00
224	Antony Maughan	Barking RR	V	51:18:00
225	Ron Dobie	Havering 90	V	51:27:00
226	Graham Jones	Billericay Striders	V	51:55:00
227	Steve Constantino	Havering 90	V	52:28:00
228	Kresh Veerasamy	Barking RR	V	54:06:00
229	Danny Moore	Castle Point Joggers		54:24:00
230	Nick Livemore	Castle Point Joggers	V	54:25:00
231	Nick McCullagh	Castle Point Joggers	V	55:41:00
232	Nick Seaby	Castle Point Joggers	V	55:43:00
233	Keith Penfold	Havering 90	V	55:49:00
234	Anil Viyada	Billericay Striders	V	55:54:00
235	Brian Cross	Havering 90	V	56:44:00
236	Sam Veerasamy	Dagenham 88	V	58:07:00
237	Dave Godfrey	Billericay Striders	V	58:16:00
238	Rhys Hawkins	Pitsea RC		01:00:26:00
239	Mick Ball	Barking RR	V	01:02:33:00

**LADIES**

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Vet</b>	<b>Time</b>
1	Victoria Hiscock	Benfleet RC		29:53:00
2	Sarah Worley	Billericay Striders		30:30:00
3	Sam Cone	Leigh on Sea Striders		32:09:00
4	Ruth Chadney	Billericay Striders		32:52:00
5	Debbie Coyle	Barking RR	V	33:10:00
6	Lucy Thompson	Benfleet RC	V	33:52:00
7	Katie Spicer	Leigh on Sea Striders	V	34:22:00
8	Sarah Jeffries	Leigh on Sea Striders		34:36:00
9	Sally Baker	Tri Sport Epping	V	34:39:00
10	Nicola O'Doherty	Billericay Striders	V	35:07:00
11	Holly Boyd	Leigh on Sea Striders		35:29:00
12	Charlotte Allen	Leigh on Sea Striders	V	36:01:00
13	Jess Bell	Tri Sport Epping	V	36:24:00
14	Abbi May Walters	Benfleet RC		36:55:00
15	Helen Tabor	Rochford	V	36:59:00
16	Nina Barrett	Brentwood RC	V	37:05:00
17	Danielle Robart	Rochford		37:23:00
18	Emma Conroy	Rochford	V	37:30:00
19	Chris Deacon	Billericay Striders		37:37:00
20	Sara Beedell	Brentwood RC		37:48:00
21	Nicola Evans	Benfleet RC	V	37:56:00
22	Christina Edwards	Castle Point Joggers	V	37:58:00
23	Kelly McClenaghan	Benfleet RC	V	38:07:00
24	Louise Rawlinson	Tri Sport Epping	V	38:20:00
25	Anne Hoeb	Castle Point Joggers	V	38:27:00
<b>26</b>	<b>Joanne Sullivan</b>	<b>East Essex Tri</b>	<b>V</b>	<b>38:32:00</b>
27	Ruth Hays	Billericay Striders	V	38:51:00
28	Mary Lloyd	Brentwood RC	V	38:54:00
29	Hannah Sheikh	Dagenham 88	V	39:16:00
30	Jo Ling	Billericay Striders	V	39:26:00
31	Fiona Walker	Leigh on Sea Striders	V	39:27:00
32	Lian Simmonds	Rochford	V	39:42:00
33	Elisha Letley	Leigh on Sea Striders	V	39:52:00
34	Nicola Rudgley	Pitsea RC	V	39:52:00
35	Joanne Colby	Rochford	V	39:59:00
36	Nikki Leigh	Benfleet RC	V	40:17:00
<b>37</b>	<b>Deborah Hall</b>	<b>East Essex Tri</b>	<b>V</b>	<b>40:19:00</b>
38	Sarah Lengthorn	Billericay Striders		40:23:00
39	Eleanor Charmichael	Leigh on Sea Striders		40:24:00
40	Rebecca Clay	Castle Point Joggers		40:31:00
41	Rahana Islam	Dagenham 88	V	40:38:00
42	Toni Saunders	Tri Sport Epping	V	40:54:00
43	Julie Wilson	Brentwood RC	V	41:09:00
44	Tania Hagan	Leigh on Sea Striders		41:10:00
45	Nette Taylor	Rochford	V	41:12:00
46	Alison Hall	Leigh on Sea Striders		41:14:00

47	Rea Evison	Leigh on Sea Striders		41:22:00
48	Cristina Cooper	Barking RR	V	41:27:00
49	Gail Alexander	Leigh on Sea Striders		41:37:00
50	Kairen Hart	Castle Point Joggers	V	41:49:00
51	Mandy Cooper	Benfleet RC	V	42:00:00
52	Kate Pettit	Havering 90	V	42:02:00
53	Caroline Cogdell	Pitsea RC	V	42:04:00
54	Sam Childs	Leigh on Sea Striders		42:05:00
55	Tina Reeve	Leigh on Sea Striders		42:09:00
56	Zoe Storrar	Leigh on Sea Striders		42:14:00
57	Emma Beardsel	Rochford	V	42:21:00
58	Sarah Dz Cristofand	Benfleet RC	V	42:25:00
59	Debbie Dunn	Castle Point Joggers	V	42:30:00
60	Wendi Read	Tri Sport Epping	V	42:35:00
61	Helen Kidgell	Leigh on Sea Striders	V	42:51:00
62	Tracy Hooper	Rochford	V	42:59:00
63	Bridgette Bradley	Rochford	V	43:00:00
64	Lauren Guichard	Rochford		43:01:00
65	Danielle Last	Havering 90	V	43:14:00
66	Jenny Akroyd	Dagenham 88	V	43:18:00
67	Liz Cox	Pitsea RC	V	43:21:00
68	Louise Chappell	Dagenham 88	V	43:23:00
69	Stacey Harmer	Brentwood RC	V	43:32:00
70	Carol Drake	Leigh on Sea Striders	V	43:38:00
71	Jo-Ann Hall	Leigh on Sea Striders	V	43:54:00
72	Vicky Calleja	Brentwood RC		43:55:00
73	Gina Gordon-Harris	East Essex Tri	V	43:58:00
74	Terri Howe	Pitsea RC	V	43:59:00
75	Annette Johnson	Benfleet RC	V	44:04:00
76	Linda Dutton	Rochford	V	44:05:00
77	Collette Toal	Rochford	V	44:06:00
78	Julia Summers	Leigh on Sea Striders	V	44:10:00
79	Lisa Westwick	Leigh on Sea Striders	V	44:11:00
80	Roxanne George	Leigh on Sea Striders		44:19:00
81	Jenni Patterson	Leigh on Sea Striders	V	44:24:00
82	Debra Jean-Baptiste	Barking RR	V	44:30:00
83	Natalie Traylen	Barking RR	V	44:39:00
84	Natalie Rich	Leigh on Sea Striders		44:46:00
85	Tina Victory	Castle Point Joggers	V	44:56:00
86	Kerry Slessor	Leigh on Sea Striders	V	44:58:00
87	Carolyn Brenchley	Billericay Striders	V	45:00:00
88	Tina Burton	Castle Point Joggers	V	45:21:00
89	Sue Mayes	East Essex Tri	V	45:22:00
90	Jenny O'Hanlon	Dagenham 88	V	45:23:00
91	Catherine Patterson	Leigh on Sea Striders	V	45:36:00
92	Emma Botton	Havering 90	V	45:42:00
93	Louise Hammond	Billericay Striders	V	45:49:00
94	Lara Harradine	Havering 90	V	45:52:00
95	Laura Hemsworth	Castle Point Joggers		46:03:00
96	Jacqui Knowles	Rochford	V	46:19:00

97	Mel Green	Havering 90	V	46:42:00
98	Mel Gilmore	Havering 90	V	46:47:00
99	Timi Veerasamy	Dagenham 88	V	46:48:00
100	Caroline Wallis	Pitsea RC	V	46:53:00
101	Vicki Groves	Barking RR	V	47:08:00
102	Rosina Salmon	Dagenham 88	V	47:16:00
103	Marie Waite	Leigh on Sea Striders		47:22:00
104	Amelia Howe	Leigh on Sea Striders		47:29:00
105	Heather Impey	Dagenham 88	V	47:36:00
106	Stacey Wimbledon-Emig	East Essex Tri		47:41:00
107	Sarah Hemsworth	Castle Point Joggers	V	47:42:00
108	Jan Steed	Castle Point Joggers		47:44:00
109	Theresa Philips	Leigh on Sea Striders		47:45:00
110	Chloe White	Billericay Striders		47:46:00
111	Lorraine Heal	Castle Point Joggers	V	47:48:00
112	Rachel Robinson	Barking RR	V	47:57:00
113	Ellen Reeves	Castle Point Joggers	V	48:16:00
114	Veronica Barikor	Barking RR	V	48:22:00
115	Jo Harding	Rochford	V	48:47:00
116	Lesley Smart	Billericay Striders	V	49:00:00
117	Lynn Rivers	Leigh on Sea Striders		49:08:00
118	Hazel Winston	Havering 90	V	49:17:00
119	Dawn Blake	Barking RR	V	49:20:00
120	Janet Head	Pitsea RC	V	49:45:00
121	Emma O'Shea	Dagenham 88	V	49:52:00
122	Bev Eagles	Dagenham 88	V	49:55:00
123	Lynn Northcott	Dagenham 88	V	49:57:00
124	Louise Pollock	Havering 90	V	50:00:00
125	Jo Choulerton	Castle Point Joggers	V	50:02:00
126	Nicola Hawkins	Pitsea RC	V	50:06:00
127	Christine Kelekon	Havering 90	V	50:51:00
128	Jess Ellis	Leigh on Sea Striders		51:07:00
129	Jo Key	Benfleet RC	V	51:19:00
130	Julie Stokes	Leigh on Sea Striders		51:31:00
131	Lorraine Moor	Dagenham 88	V	51:40:00
132	Laura Kelly	Havering 90	V	51:45:00
133	Sally McKeonn	Leigh on Sea Striders		51:48:00
134	Debbie Jones	Havering 90	V	52:31:00
135	Lisa Gaskin	Havering 90	V	52:32:00
136	Maria Brill	Havering 90	V	52:34:00
137	Laura Dobie	Havering 90	V	52:34:00
138	Jodie Sharp	Rochford		52:55:00
139	Alison Fryatt	Barking RR	V	53:19:00
140	Jane Slansonspren	Dagenham 88	V	54:27:00
141	Caroline Cross	Havering 90	V	55:21:00
142	Bev Markham	Castle Point Joggers	V	55:33:00
143	Amanda Skeggs	Castle Point Joggers	V	55:33:00
144	Joanne Reeves	Castle Point Joggers	V	55:43:00
145	Gillian Victory	Castle Point Joggers	V	55:50:00
146	Karen Batt	Castle Point Joggers	V	55:51:00



147	Sarah Capon	Dagenham 88	V	55:58:00
148	Yolanda Ceveka	Dagenham 88	V	55:59:00
149	Christine Lardner	Dagenham 88	V	56:04:00
150	Denise Woolston	Dagenham 88	V	56:05:00
151	Hannah Shean	East Essex Tri		56:34:00
152	Sharon Robinson	Dagenham 88	V	56:56:00
153	Debbie Joy	Dagenham 88	V	56:56:00
154	Joanne Groom	Castle Point Joggers	V	56:59:00
155	Josig Hughes	Havering 90	V	57:32:00
156	Andi Wright	Havering 90	V	58:12:00
157	Richele Cockley	Dagenham 88	V	58:33:00
158	Kay Sandford	Dagenham 88	V	58:39:00
159	Sifelani Sayisayi	Barking RR	V	59:48:00
160	Jacqui Elliot	Dagenham 88	V	61:58:00
161	Ronnie Wallor	Dagenham 88	V	62:06:00
162	Shelley Edmeades	Rochford	V	62:07:00
163	Natalie Hall	East Essex Tri		64:54:00
164	Bea Oguntayo	Dagenham 88	V	72:33:00